

Cooks Connect Mini PD Session 2

How to use FoodChecker for long day care

Activity 2 – The FoodChecker report

Let's look at an example FoodChecker menu assessment report for long day care. We will explore:

- The **food group bar chart**, showing the number of serves of each food group required per child per day.
- How many serves the example menu provides, compared to the requirements.
- How to use the feedback to make healthier changes to the menu.

This activity will help you understand a FoodChecker report and know how to use the feedback to make changes to your menu to meet the Menu planning guidelines for long day care.

Question 1:

Chart 1 below shows the bar chart from a sample FoodChecker menu report. It shows the servings needed from each food group per child per day. It also shows how many servings your menu offers.

- The **dark green bars** show the *minimum* number of serves needed for each food group. These groups are: lean meat, fruit, vegetables and legumes, milk/yogurt/cheese, and grains.
- The **light green bars** show the number of serves the menu assessed provides.

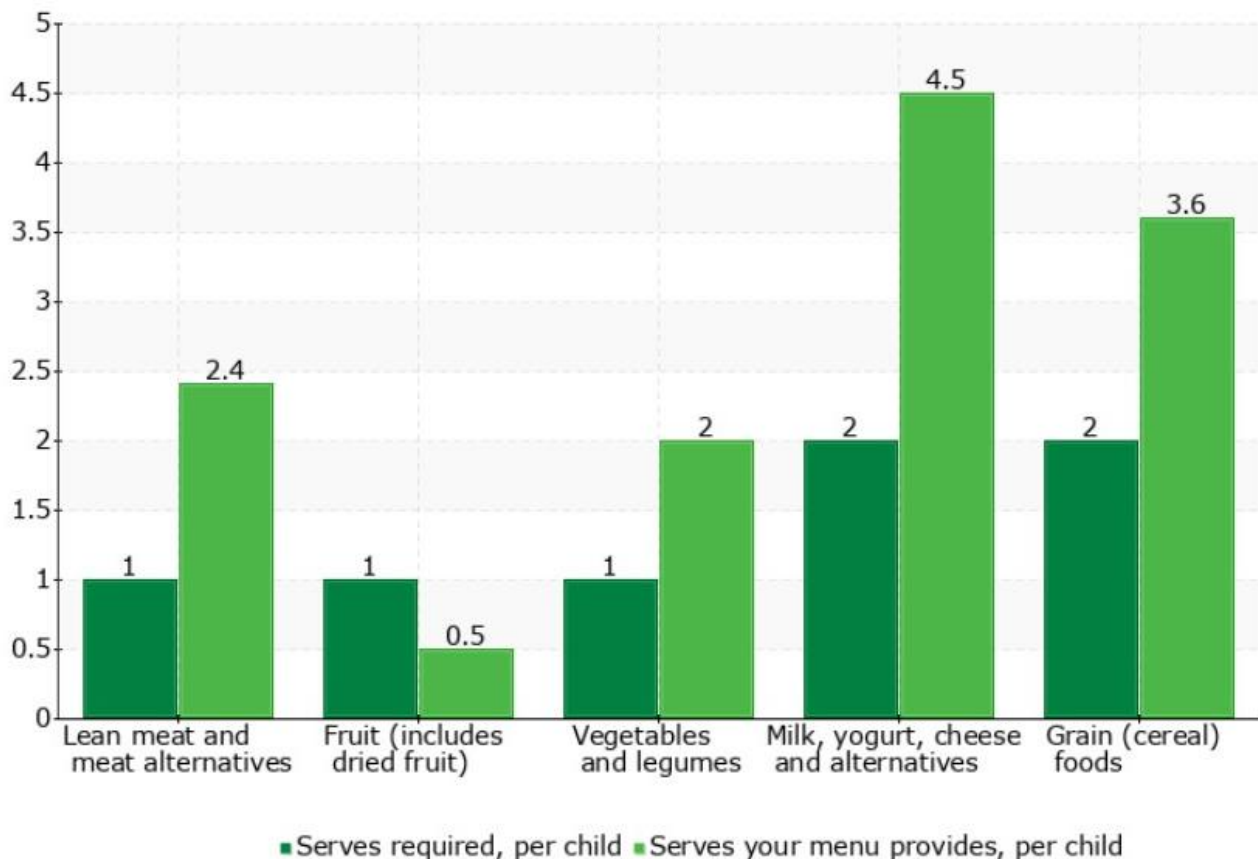
For example, the dark green bar indicates that you need **2 serves** of grain (cereal) foods. The light green bar indicates that this menu provides **3.6 serves**. This meets the required serves for the grain (cereal) food group.

Use Chart 1 below to answer the following question:

1. Which food group does this menu need to increase and by how many serves?

Answer:

Chart 1: Your menu compared to serving requirements.



Question 2:

Table 2 shows one day of the menu used in this sample assessment. In question 1 above, we found that this menu needs 0.5 more serves of fruit per child. This is to meet the Menu planning guidelines for long day care.

Suggest ways in which this menu can increase the serves of fruit:

(Hint: fruit can be added to one of the meals/snacks, or at multiple times throughout the day)

Table 2: Winter Week 1 Menu

Winter Week 1 Menu - Thursday		Suggestions to increase serves of fruit
Morning tea	Platter with rice crackers, hummus, cheese, cucumber slices, capsicum slices, strawberries, banana, and kiwi fruit	
Lunch	Beef San Choy Bao with rice noodles	
Afternoon tea	Raisin Toast with Ricotta Cheese	
Drinks	Water, milk	

Question 3:

Table 3 shows the ingredient quantity guide for fruit. As identified before, this menu needs 0.5 more children's serves of fruit per child. This will help to meet the Menu planning guidelines.

- Use the ingredient quantity guide below to find the amount of fruit needed, in grams, to provide the additional 0.5 serves.
- The menu serves 100 children.

Table 3: Ingredient quantity guide for fruit.

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Fruit (fresh/ frozen)	75g (½ med piece)	4.5kg (30 pieces)	6kg (40 pieces)	7.5kg (50 pieces)	9kg (60 pieces)	11.25kg (75 pieces)	15kg (100 pieces)	18.75kg (125 pieces)
Fruit (cooked/ tinned, drained)	½ cup	30 cups	40 cups	50 cups	60 cups	75 cups	100 cups	125 cups
Dried fruit**	15g	75g	150g	300g	450g	600g	750g	900g

Answer:

Question 4:

Table 4 shows feedback from the FoodChecker report. It identifies menu changes needed to meet the Menu planning guidelines for long day care.

- Use this table below to find the food to remove from this menu.
- Then, suggest a healthier alternative.

Table 4: Healthy menu changes required.

Guidelines categories	Feedback
Discretionary items	Stock, vegetable, dry powder or cube – Commercial stocks are very high in salt. Replace with reduced salt stock as a healthier option.

Answer:

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